

## Emotional Literacy in the classroom for primary and secondary teacher training - Scheme of work

### Learning outcomes / objectives

- Understand the elements of Emotional Literacy
- Explore why it is important in education
- Learn the history of Emotional Literacy in education
- Study the skills of modelling Emotional Literacy
- Investigate ways of implementing Emotional Literacy in the classroom
- Investigate ways of implementing Emotional Literacy in CPD and within departments

### 4 x 4 hour modules

Module	Teaching Topic	Methods and resources
Module 1	What is Emotional Literacy?	
	<p><b>What</b> is Emotional Literacy?</p> <ul style="list-style-type: none"> <li>• New neuroscience: the emotional part of the brain as the gateway for learning</li> <li>• Daniel Goleman and the 5 key domains: <ul style="list-style-type: none"> <li>• Self-awareness, Managing emotions, Empathy, Relationships, Motivation.</li> </ul> </li> </ul> <p><b>Why</b> is it important to make our teaching emotionally meaningful and valuable?</p> <p>Key aims of teaching about Emotional Literacy to teachers:</p> <ul style="list-style-type: none"> <li>• Learn a self-reflective approach to devising, developing and delivering emotionally intelligent classrooms and supporting students</li> <li>• Learn a self-reflective approach to developing emotionally intelligent teams and supporting colleagues.</li> </ul>	<p>Sorting activities True/false brain quiz</p> <p>Brainstorm</p> <p>PowerPoint presentation</p>

Module	Teaching Topic	Methods and resources
<b>Module 1 continued</b>	<b>What is Emotional Literacy? <i>continued</i></b>	
	<p>Key aims of teaching Emotional Literacy to students:</p> <ul style="list-style-type: none"> <li>• To help students to become aware of their emotions and how their emotions underpin their behaviour and their choices.</li> <li>• To help students to become aware of the effect of their behaviour on their environment, their relationships and their learning.</li> <li>• To help students learn life skills for success.</li> </ul> <p><b>How</b> has emotional literacy been promoted in education so far? The Department for Education:</p> <ul style="list-style-type: none"> <li>• Social and Emotional Aspects of Learning – the SEAL agenda <ul style="list-style-type: none"> <li>○ Brief History and Resources</li> <li>○ Implementation to date in UK Primary and Secondary schools</li> </ul> </li> <li>• Every Child Matters (Make a positive contribution)</li> <li>• Healthy Schools (Emotional Health and Wellbeing)</li> <li>• Community Cohesion</li> <li>• Targeted mental health programme.</li> </ul> <p>Other initiatives:</p> <ul style="list-style-type: none"> <li>• Centre for Applied Emotional Literacy, Wolverhampton</li> <li>• Antony Seldon - The Happiness Programme</li> <li>• VisionWorks for Schools</li> <li>• Restorative justice.</li> </ul>	<p>Research activity</p> <p>6 jigsaw groups</p>

Module	Teaching Topic	Methods and resources
Module 2	<b>Emotional Wellbeing: a vital key for functioning teachers</b>	
	<p>If one of the most effective teaching methods is modelling, what kind of role models will we be for students? How well do we understand and look after our own emotional health? How is our work/life balance? These aspects need our attention; the more we address them for ourselves, the more we can contribute to a healthy and successful learning environment.</p> <p>Emotional Healthcheck questionnaire:</p> <ul style="list-style-type: none"> <li>• Setting individual goals.</li> <li>• Investigating left/right brain, rational/emotional brain</li> <li>• Principles of emotional intelligence – recap.</li> </ul> <p>Attitudes and Perception and how they relate to experience.</p> <p>What kind of teacher do you want to be?</p> <ul style="list-style-type: none"> <li>• Being aware of the role of emotions – everyone acts because of how they feel</li> <li>• Effective communication</li> <li>• Attitudes to problems and difficult behaviour</li> <li>• Defence mechanisms</li> <li>• What’s OK about me</li> <li>• How we see others – the value of relationships.</li> </ul> <p>Contributing.</p> <p>Appreciating.</p>	<p>Brainstorm / scenarios</p> <p>Questionnaire and feedback</p> <p>Defining and choosing attitudes</p> <p>Goal setting</p> <p>Role plays and reflection</p> <p>Small group activities</p>

Module	Teaching Topic	Methods and resources
<b>Module 3</b>	<b>The Emotional Literacy tool-kit</b>	
	<p>This module presents some of the deeper principles of how to keep the enthusiasm and focus for teaching once we begin our career. It explores issues of continuing to be a creative and effective teacher. We experience these ideas in group and pair exercises.</p> <p>Iceberg model. What's underneath?</p> <p>Dealing with stress. Work-related stress for teachers and managers is the main health and safety concern in four out of five UK schools. If unaddressed, stress can lead progressively to a decrease in performance, health injury and long-term absence from work.</p> <ul style="list-style-type: none"> <li>• Roles – a key to understanding exhaustion, burnout and depression</li> <li>• Expectations.</li> </ul> <p>Principles of effective communication.</p> <p>Relating to others in the classroom and the staffroom.</p>	<p>Self-assessment and reflection</p> <p>Practice scenarios</p> <p>Small group activities</p>

Module	Teaching Topic	Methods and resources
<b>Module 4</b>	<b>Emotional Literacy in the Classroom</b>	
	<p>Exploring ways to implement Emotional Literacy in the classroom, and in the whole school environment:</p> <ul style="list-style-type: none"> <li>• Tutor registration periods</li> <li>• PSHE</li> <li>• Subject areas</li> <li>• Others.</li> </ul> <p>Continuing Professional Development. Using Emotional Literacy skills to reflect on and improve professional experience and continuing development.</p> <p>Subject area planning. Applying the pedagogy and principles in the classroom.</p>	<p>Research activity</p> <p>Group work</p> <p>Goal setting</p> <p>Forward planning / schemes of work</p>